

LYNN COUNCIL ON AGING SENIOR CENTER



JULY 2012

**Lynn Council on
Aging**

8 Silsbee Street
Lynn, MA 01901

781-599-0110

From the Director's Desk

July is probably one of my most favorite months! The rain is behind us, more beach time, cooking on the grille. Look both ways crossing the street. They'll be more ice cream trucks on the road. When my daughter was small, I passed out novelty ice creams out of my freezer to all the kids in the neighborhood. I purchased them at Market Basket. I didn't really consider myself cheap; but buying off the ice cream truck could eventually run into some money. So every time we heard the music of the ice cream truck rounding the corner, I would motion my daughter to dance---the music truck's coming! One afternoon, I let her visit the neighbor's for afternoon playtime and she came home huffing! She said, "Mama! The music truck sells ICE CREAM!" You can only get away with so much for so long! So here's a problem for you.... a man gets hit by an ice cream truck and the police officer asks him if he got his license plate. The man excitedly answers, "Yes! His plate was in two parts... a two digit number and a three digit number. The two digit number was prime and the sum of the two digits was a two-digit prime. The tens digit was larger than the units digit. In the three digit part, all three were odd and different. The sum of the three digits was palindromic. The sum of the first and third digit was one-half of the sum of the first and second..... that's all I remember!" First correct answer called in to the senior center wins a Dunkin Donuts gift card! 781-586-8503

From Your Mayor

With Memorial Day and the end of another school year having come and gone, our thoughts turn to summer.

One event that is a highlight of the year is the fireworks display along the waterfront, which will take place on Tuesday, July 3. The fireworks will go off at 9 p.m. I hope many of you will be able to make it down to the beach for this festive event. Lynn Shore Drive and surrounding streets will close at 7:30 p.m. and remain closed until after the show.

Prior to the fireworks that night will be a communal reading of the fiery speech delivered by Frederick Douglass on July 5, 1852, in which the great abolitionist orator took exception to being asked to commemorate the signing of the Declaration of Independence. This event, taking place at 6 p.m. at High Rock Park, is in collaboration with the Highlands Coalition and the Lynn Parks Department. Bring a picnic, enjoy pony rides, music and a tour of High Rock Tower and stay for the best view of the fireworks.

Throughout the month, the Friends of Lynn & Nahant Beach will sponsor Thursday night concerts at Red Rock Park, starting on July 12 at 6 p.m. Performers include Brian Maes, the Classmates and Lexington Street Band.

On Saturday, July 14, Arts After Hours presents the 3rd Annual Backyard Bash at 7 p.m. at the Lynn Museum & Historical Society.

Also starting this month, the popular Farmer's Market will return to Central Square and will be held every Thursday through October from 11 a.m. to 3 p.m.

Best wishes for a safe and enjoyable summer.

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Lynn Council on Aging Senior Center

Publication funded by:

Executive Office of
Elder Affairs &
City of Lynn

Meet the Staff:

Stacey Minchello, Director
Rosa Paulino-Diaz, Assistant
Kristi Harris, Assistant

Hours of Operation:

Monday thru Friday
8 a.m. to 4 p.m.

LCOA Board of Directors

Al DiVirgilio

Arthur Akers

John W. Baker

Edmund Brown

Ernest Carpenter

Albert DiVirgilio

Daniel P. Hanlon

Frank LaMacchia

Charles Mitchell

Frances Taggart

Clerk
President

Vice-President

Meets 4th
Wednesday
monthly at
1:30 p.m.

FRIENDS of LCOA Executive Board

Joan B. Noble

Linda Rosendahl

Deb Small

Virginia Calef

President
Vice-President
Treasurer
Financial Secretary

Meets last
Thursday
monthly at 10 am

From the FRIENDS of LCOA

The FRIENDS have elected new officers for 2012-2014!

President
Treasurer

Joan Noble
Deb Small

Vice President
Financial Secretary


Linda Rosendahl
Virginia Calef

Many thanks and appreciation to the outgoing officers for all their hard work. Special thanks to Hattie Brown for maintaining membership records for many years. The FRIENDS are a fundraising group that raises money to support senior center enhancements. If you are interested in joining or simply want to see what it is all about visit a regular meeting on the last Thursday of the month at 10 am in the 1st floor Board Room. All welcome regardless of age. This is a volunteer opportunity where you can give back not only to the senior center but to the community.

Thank you to the FRIENDS for the great new patio chairs, the new chargeable Wii remote and of course all the hot fudge sundaes. More to come!

Thank you to all the volunteer Ipad raffle ticket sellers!

July Happenings

Tues, July 3	Independence Day BBQ		\$3	11:00 a.m. – 2:00 p.m.
Weds, July 4	Happy 4th of July!			Center is closed
Fri, July 6	Field Trip: Wenham Museum		\$2	9:00 a.m. – 2:00 p.m.
Fri, July 6	Strength & Balance Exercise Class			11:30 am - 12:15 pm
Mon, July 9	Lunch Trip: Clam Box Ipswich		\$2	10:30 a.m. – 1:00 p.m.
Tues, July 10	Blood Sugar <u>AND</u> Blood Pressure Clinic			8:00 a.m. – 9:30 a.m.
	"Lucy Booth" Open!			
	Nurse available for your questions. Large Activity Room			
Tues, July 10	Mr. Specs Eye Glass Clinic			10:00 a.m. – 11:00 a.m.
Tues, July 10	Photo Club Meeting			10:00 am
Tues, July 10	Henna Tattoos & Chai Tea	Free!		11:00 a.m. – 12 p.m.
	Learn about the healing soothing effects!			
Tues, July 10	Birthday Karaoke			11:30 a.m. – 1:00 p.m.
	50/50 raffle to support FRIENDS of LCOA			
Weds, July 11	FOOD STAMPS			9:00 a.m. – 3:00 p.m.
Weds, July 11	Strength & Balance Exercise Class		\$5	11:30 am - 12:15 pm
Weds, July 11	Tai Chi & meditation			12:30 p.m. – 1:30 p.m.
Thurs, July 12	Podiatry Appointments			10:00 a.m. – 12:00 p.m.
Thurs, July 12	Take Off Pounds Sensibly			10:00 a.m. – 11:00 a.m.
Thurs, July 12	Field Trip: Salem Willows		\$2	11:00 a.m. – 1:00 p.m.
Fri, July 13	Field Trip: Franklin Park Zoo		\$2	9:00 a.m. – 2:15 p.m.
Fri, July 13	Strength & Balance Exercise Class			11:30 am - 12:15 pm
Fri, July 13	Massage Therapy Appointments		\$5	1:00 p.m. – 3:00 p.m.
Tues, July 17	FOXWOODS CASINO		\$25	7:00 a.m. - 6:30 pm
	\$10 Food or Buffet \$10 Keno Bet			
Weds, July 18	Field Trip: Wrentham Outlets		\$2	9:30 am- (1pm) 2:30 pm
Weds, July 18	Strength & Balance Exercise Class		\$5	11:30 a.m. – 12:15 p.m.
Weds, July 18	Tai Chi & meditation			12:30 p.m. – 1:30 p.m.
Thurs, July 19	Taking Off Pounds Sensibly			10:00 a.m. – 11:00 a.m.
Fri, July 20	Strength & Balance Exercise Class			11:30 am - 12:15 pm
Fri, July 20	Field Trip: Mass Audubon		\$2	9:00 a.m. – 2:30 p.m.
	Visual Arts Center, Canton			
Mon, July 23	Women's Group Meeting			11 am
Tues, July 24	Field Trip: Castle Island		\$2	9:30 a.m. – 1:00 p.m.
Weds, July 25	FARMER'S MARKET COUPONS			8 am – 12 pm
	proof of low income required & I.D.			
Weds, July 25	Strength & Balance Exercise Class		\$5	11:30 a.m. – 12:15 p.m.
Thurs, July 26	FRIENDS OF LCOA meeting			10:00 a.m. – 11:00 a.m.
Thurs, July 26	Live Entertainment! Jodi Scalise	Free		12 noon
	Partially funded by Lynn Cultural Council			
Thurs, July 26	Taking Off Pounds Sensibly			10:00 a.m. – 11:00 a.m.
Fri, July 27	Field Trip: New Repertory Theatre		\$2	10:30 a.m. – 4:15 p.m.
	"Tales of Poe"			
	based on the writings of Edgar Allen Poe			
	lunch at Old Country Buffet			
Fri, July 27	Strength & Balance Exercise Class		\$5	11:30 a.m. – 12:15 p.m.
Fri, July 27	Massage Therapy Appointments		\$5	1:00 p.m. – 3:00 p.m.
Tues, July 31	Roger's Hearing- Free Hearing Screenings			11:00 a.m. – 12:00 p.m.

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JULY 2012

MONDAY	Tuesday	Wednesday	Thursday	Friday
2 Cranberry Glaze Tyson Chix Garlic Whipped Potato Tuscan Veggies Chilled Mixed Fruit ALTERNATIVE Beef Strip Steak w/Gravy	3 5th Annual Independence Day BBQ Ticketed Event	4 HOLIDAY NO FOOD SERVICE	5 Minestrone Soup Sliced Roast Beef/WW Bulkie Tossed Salad Pudding ALTERNATIVE Egg Salad/Bulkie Roll	6 Manicotti/Meat Sauce Roman Blend Veggies WW Roll Chilled Peaches ALTERNATIVE Sweet & Sour Chix Tenders
9 Turkey Kielbasa/Roll Peppers & Onions Home Fries Chilled Apple Sauce ALTERNATIVE Omelet/Cheese Sauce	10 Boneless Tarragon Chicken Whipped Potato Green Beans & Red Pepper Cookie ALTERNATIVE Spanish Beef/Yellow Rice	11 Lemon Pepper Fish Mac & Cheese Peas & Carrots Jell-o ALTERNATIVE Rib-B-Que/Gravy	12 Meatloaf/Onion Gravy Lyonnaise Potato Italian Blend Veggie Fresh Fruit ALTERNATIVE Boneless Chix Bruschetta	13 Tomato Basil Soup California Chix Salad Pasta Salad Chilled Pears ALTERNATIVE Tuna Salad
16 Lasagna/Meat Sauce Spinach Garlic Roll Chilled Mixed Fruit ALTERNATIVE Mushroom Quiche/Potato	17 Pot Roast/Jardinière Gravy Oven Roasted Potato Italian Blend Veggie Fresh Fruit ALTERNATIVE Spanish Chix/Rice & Beans	18 Honey Mustard Tyson Chix O'Brien Potatoes Winter Squash Chilled Apple Sauce Alternative Meatloaf w/Gravy	19 Cream of Broccoli Soup Turkey Salad Tossed Salad Pudding w/Topping ALTERNATIVE Seafood Salad	20 Swedish Meatballs/Gravy Whipped Potatoes/Roll Spring/Summer Veggies Cake ALTERNATIVE Chicken Paprika
23 Orange Pineapple Chicken Veggie Lo Mein Noodles Broccoli Chilled Peaches ALTERNATIVE Liver & Onions/Potato	24 Orzo Veggie Soup Ham Salad Potato Salad Fresh Fruit ALTERNATIVE Turkey & Cheese	25 Stuffed Pepper Parsley Potatoes Green & Golden Veggies Brownie ALTERNATIVE Chicken Teriyaki/Rice & Veggie	26 Turkey Supreme Cranberry Sauce Polenta Parm/ Carrots Muffin/Chilled Pineapple ALTERNATIVE Meatballs/Gravy/ Carrots	27 Potato Crunch Fish Cheddar Whipped Potato Veggie Ratatouille Jell-o ALTERNATIVE Salisbury Steak
30 Stuffed Shells/Meat sauce Italian Green Beans Mandarin Oranges ALTERNATIVE Chicken Marsala Sweet Potato/Veggies	31 Pulled Pork/BBQ Sauce Sweet Potatoes Fiesta Veggies Fresh Veggies ALTERNATIVE Grilled Chicken Sandwich			

SENIOR CENTER ACTIVITIES • JULY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 - 12 Wii	9:00 - 12 Wii	9:00 - 12 Wii	9:00 - 12 Wii	9:00 - 12 Wii
10:00-11:00 COMPUTER CLASS: INTRO	9:45-10:45 POKENO	9:00 – 1:00 HAIR SALON	9:00-10:30 WATERCOLOR PAINTING	9:30-11:15 TRIVIA PURSUIT TEAM PLAY
10:45-12:30 LUNCHEON	10:00-11:30 OIL PAINTING CLASS	9:30-11:00 ARTS & CRAFTS	10:00-11:00 T.O.P.S.	9:30-11:00 KNITTING & CONVERSATION
11:15- 12:15 COMPUTER CLASS: NTERNET	10:45-12:30 LUNCHEON	9:30-10:30 BEGINNER'S TAP	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON
12:00-1:00 MEN SPORT'S CLUB	12:30-2:30 CRIBBAGE	10:45-12:30 LUNCHEON	10:30-12:00 ACRYLIC PAINTING	11:30-12:15 EXERCISE CLASS
1:15-2:45 BINGO	1:00-2:45 POKENO	11:30-12:15 EXERCISE CLASS	1:00-3:00 JAPANESE BUNKA EMBROIDERY	1:15-2:45 BINGO
		1:00 – 3:00 MOVIE	2:00-3:00 HORSE RACE GAME	
		1:00-3:00 'PENNY ANTE' POKER		

Life Care Center of the North Shore is privately owned and is Lynn's best-kept secret. Located in a quiet, secluded residential neighborhood, it offers a comfortable, active environment where residents receive the nursing and rehabilitation they need while maintaining their maximum independence. Our commitment to quality care is demonstrated through out JCAHO accreditation.

Ready... Set... Go! Program

Our goal is for every discharged resident to be independent and safe in all areas of daily living. The Ready... Set... Go! Program allows our care-giving team to work with each rehab participant and his or her family to establish recovery goals and discharge plans.

Please come by for a tour, or call Robin Simmons or Cathy Davis in admissions for more information.

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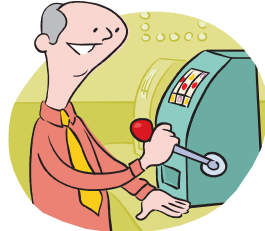
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HARBOR 90FT
APARTMENTS

Trips

Departs from Lynn
Senior Center

Foxwoods
July 17 & Aug 21
\$25
7 am - 6:30 pm



Casino Trips from Revere
Departs from Northgate Plaza

Mohegan Sun \$25

Every Tuesday
10:00 a.m. - 8:45 p.m.

Twin River \$20

Thursdays: July 5th & 19th
10:00 a.m. - 8:10 p.m.

Any questions? Call Elaine 781-289-6144
(Departs from back of Price Rite at Northgate in Revere)

FREE FRIDAYS!

FREE admission, first come first serve. \$2 for bus. Lunch on own.
Center reserves the right to limit one event per person depending on demand.

All events are subject to availability. Cancellations may occur if weather is not cooperating. In the event we are unable to enter the event because it was "sold out" because of the large public demand, we will do our best to do something else that is agreeable.

	Event	Bus Leaves Senior Center	Departs Event	Approx Return
Jul 6	Wenham Museum Lunch stop Burger King on return trip	9:00am	noon	2:00pm
Jul 13	Franklin Park Zoo Lunch on own	9:00am	1:00pm	2:15pm
Jul 20	Mass Audubon Visual Arts Center , Canton Pack a lunch, picnic area snacks only for sale.	9:00am	1:15pm	2:30pm
Jul 27	NEW Repertory Theatre: "Tales of Poe" <i>based on the writings of Edgar Allen Poe</i> (2pm performance) Lunch at Old Country Buffet	10:30am	4:15pm	5:30pm

There are more events FREE on Fridays throughout the summer that you may attend on your own. See the flyer in the center or go to Highland-street.org

MOVIES...every Wednesday @ 1:00 p.m.

Free Popcorn and Soda Wide Screen Plasma Home Theatre System

July 11	Extremely Close and Loud	PG-13	2011
July 12	Tortilla Soup	PG-13	2001
July 18	Cleopatra	G	1963
July 25	The Vow	PG-13	2012

Don't be shy! Let us know if there's a movie you would like to see!
Even if it's in the theatre now, we can queue it for months later.



HAPPY 4th of July

Happy 100th birthday Jeanette

Cookout Kudos

Thank you to the Centerpiece Committee for design and creation.
Pat Drake, Barbara Marshall, Marianne Pacheco, Donna Paegle, and Isaura Jakimczyk. Thank you to Gerry, Linda, Mary, and Al for all the kitchen prep, help and bagged ice!

Volunteer Servers:

Alex Montgomery, Catholic Charities
Ginny Pickett, Greg Sharpe, and Robert Merrick, National Senior Network
Denise Hitchman, The Medicine Shoppe
Lajja Lantigua, Lifecare of the North Shore
Olivia Minchello, Katherine Diaz, Youth Community Service Program

Corporate Sponsors/Donators:

~LifeCare of the North Shore ~FRIENDS of the LCOA
~Old Neighborhood Foods ~ West Lynn Creamery
~PACE – Elder Service Plan of the North Shore

The Lynn Council on Aging prides itself on acknowledging all contributors for this large event. Any omission is not intentional. Please realize this newsletter went to print June 7th and some contributors may have signed on after this date and will be acknowledged in the August newsletter. If you have been omitted, let us know- we want to thank you and give you deserving credit.

SCALLOP FESTIVAL

Friday, September 21st \$59

Eat fresh scallops at the Bourne Scallop Festival, then visit craft fair and enjoy a 90 minute narrated cruise of the canal.

Leaves the Senior Center at 8:30 a.m. prompt
Returns at approximately 5:30 pm.

Sign up early- this bus fills up every year!



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Place Your Ad

WELLNESS WATCH — *Living Well with Cancer*

(Adapted from *Facing Forward: Life after Cancer Treatment*-National Cancer Institute)

The word *cancer survivor*: what does that mean to you? Most often in the medical community it means anyone who has been diagnosed with cancer, from the time to diagnosis through the rest of his or her life. For many, the words help the individual think about embracing his/her life beyond the illness.

Those who have gone through cancer treatment describe the first few months after treatment as a time of change. It's not so much "getting back to normal" as it is finding out what is normal for you now.

No matter how long ago the diagnosis and treatment the knowledge of that diagnosis remains. The changes may include the way you eat, the things you do, and the new skills needed to manage pain, fatigue and other challenges. Some of the changes may include:

- Quitting smoking
- Cutting down on alcohol consumption
- Eating well
- Exercising and staying active
- Pacing yourself for energy conservation
- Communicating openly with health care professionals, family and friends.

Many individuals say that getting involved with decisions about their medical care and adapting to these changes is a good way to regain some control. Research has shown that people who are more in control of their lives feel and function better than those who are not.

New sources of information and support can be a key part of learning new skills, meeting these challenges, gaining control. Participating in a *My Life, My Health* workshop is one such resource.

GLSS has recently received support from the Boston North Cancer Association to reach out to individuals living with cancer to encourage their participation in *My Life, My Health* workshops. The focus of these workshops is to provide individuals who are living with any kind of on-going health challenges an opportunity to learn new skills. Participants set their own goals and action plans as they identify areas over which they would like to have greater control. See below for the upcoming workshop.

Resources

- *Facing Forward: Life After Cancer Treatment* National Cancer Institute 1-800-422-6237 www.cancer.gov
- American Cancer Society/National Cancer Information Center 1-800-227-2345 www.cancer.org
- Susan H. Brown RN, GLSS 781-586-8568 ext. 568

My Life, My Health

Is living with an ongoing health condition creating challenges for you? Our workshops for adults of any age can help.

My Life, My Health workshops help you to:

- Set and meet personal goals
- Talk with your doctor about your health
- Handle stress and learn to relax
- Manage pain and fatigue
- Have fun!

Date: July 11 - August 15, 2012
Time: 5:30-8:00 p.m.
Location: All Care VNA
 210 Market Street, Lynn

To register contact: Mary Carideo
 781-586-8527 or mcarideo@glss.net

There may be a nominal fee to cover materials.

Please request communication accommodations at least two weeks in advance.

Backyard Swimming Pool

E D I C E A G L A C W E H S E B R C E H
 D P O C D L S E H S K U S K I A A O N O
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 R T I M F I O T E L M E S R D Y O O B A
 H E M U C Y S R D R R R T T D A R F B Y
 M E T A S T L D I T I W E N E R T F L M
 R E L L S M A L U N L A P G R D S T E A
 H S U A I P I B E O E T S E N O K R T I
 H P E L G F E W O B H E A T E R C O O N
 L R M O B P O P S B P R K S P L A S H T
 B P D O L O P O C R A M D I V E B V I A
 S U N B A T H E T E X E R C I S E N Y I
 Q M A S L I D E R E T E M O M R E H T N
 G P K Q L A T A O L F E S Y O T F B J B

ALGAECIDE	COOL OFF	INNER TUBE	SLIDE
BACK STROKE	DEPTH	LADDER	SPLASH
BACKYARD	DIVE	LAP	STEPS
BELLY FLOP	DOG PADDLE	LINER	SUNBATHE
BLUE	EXERCISE	MAINTAIN	SWIMSUIT
BREAST STROKE	FILTER	MARCO POLO	THERMOMETER
BUBBLE	FLOAT	POOL	TOYS
CHEMICALS	HEATER	PUMP	TRUNKS
CHLORINE	HOT DAY	SKIMMER	UNDERWATER

Secret Message

To decode the secret message, write the unused letters in the order in which they appear in the puzzle.

I

?

!

ANNOUNCEMENTS!

In an effort to **raise funds to support senior center** operations, we are now collecting empty ink cartridges; laser, inkjet, toner. We are also collecting cell phones, chargers, mp3 players, GPS', and digital cameras. Save the environment and support your center! Look for collection boxes in the center.

Famer's Market Coupons!

July 25, 2012 8 am – 11 am

Lynn Senior Center

One coupon package per person
Proof of low income and I.D. required

NEW!! FREE!! Every Wednesday

Tai Chai Classes

Benefit from learning easy stretch techniques of Chinese martial arts and meditation

Funeral Planning—Cuffe McGinn

July 11th

9:30 am

Fireplace Lounge

Laugh the afternoon away with us!

Free performance!!

Featuring Jodi Scalise

July 26th 12 noon

Partially funded by the Lynn Cultural Council

Clean out your medicine cabinet!

Before someone else does.

Bring your unused, expired prescription medicines to the Lynn Police station. A collection box is located in the lobby.

Drop offs are available 24hours a day and are completely confidential.

Are we bugging you? Answer: YES!!!

Why? It's very important.

Please **swipe you senior center key card** for every event you participate in.

Especially, LUNCH! We are funded by proof of the actual members associated with the meals we serve. We cannot order meals by simply counting participants. Please help us save our congregate meal site funding! We will be hosting some fun events through July to motivate swiping- scratch tickets, t shirts, gift card, Foxwoods trip.

COMPUTER CLASSES

Lynn Senior Center - Computer Room, 1st Floor
8 Silsbee Street, Lynn / 781-586-8503

All courses must be pre-paid at the time of registration.

If mailing your payment, make check payable to:

LCOA , Attn: Rosa, 8 Silsbee Street , Lynn, MA 01901

(Expect a phone call confirming your seat.)

Computer Class Descriptions:

Introductions to Computers & Windows XP

(Five Week Course)

This basic introductory course is for students with little or no experience. This five week course introduces the beginner to learn the basics in keyboard and mouse operations, basic computer operations including Input, Output, Processing, and Storage. The student will learn the basics of Window XP and its functionalities, basic Word Processing and Terminology.

10:00 a.m. – 11:00 a.m.

Cost: \$50.00

Introduction to the Internet

(Five Week Course)

This introductory course is for students with little or no internet experience. This four week beginner course introduces the student to the concept of the Internet and the World Wide Web (WWW). The student will learn the basics of the Internet, Search Engines, Website access, creating an Email account, Sending and Receiving Emails, Downloading, the basics of Voice and Video Chat, Forums & User Groups, and Terminology.

11:15 p.m. – 12:15 p.m.

Cost: \$50.00

Computer Class Schedule:

Mondays:

July 30th, Aug 6th, 13th, 20th, 27th

Computer room is open to all seniors.

Must sign a compliance policy and procedure form and swipe membership card .

Computer Room Hours of Operation:

Monday - Friday

8am-4pm

Closed: Mondays and 3rd Fridays

1pm-4pm

IN LOVING MEMORY

In loving memory of Dr. Thelma L. Berge
~ Dr. Harvey R. Berger

In loving memory of Rose Colella,
sadly missed...

~ Lynn Water & Sewer
Employees

~ Mrs. Janice Bosley

~ Linda and Paul Kelly

~ Science Technology

~ James and Ruthann DePrizito

~ Lorraine Buchanan

~ Linda Rosendahl



DEDUCTIBLE DONATION

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support.

Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA



Please accept my donation \$ _____

In memory of In honor of In appreciation of

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C: 781-953-6753 FX: 978-740-9528

Hair Salon

HAIR BY CHASTITY

MONDAYS
STARTING @ 10:00 AM

WASH & CUT	\$10
WASH, CUT & SET	\$15
COLOR	\$20
BRAIDS	\$20 & UP
LAYERING	\$15
WEAVES	\$20 & UP

WALK-IN OR APPOINTMENTS

SOPHIE'S SALON

WEDNESDAYS
9:00 AM—1:00 PM

WASH & CUT	\$10
WASH, CUT & BLOWDRY	\$15
WASH, CUT & SET	\$15
COLOR	\$20
PERM	\$40
WAX	\$5

WALK-IN OR APPOINTMENTS

Capture the Pride!



Lynn Council on Aging Senior Center

WELLNESS OFFERINGS

EYEGLOSS CLINIC

July 10th
10:00 am—11:00 am
By: Mr. Specs

BLOOD SUGAR TESTING

July 10th
8:00 am—9:30 am *note time change*
Nurse available for any health questions.

BLOOD PRESSURE

July 10th
8:00 am—9:30 am *Note time change*
Nurse available for any health questions.

PODIATRIST

July 12th
10:00 am—12:00 pm
Call for appointment. Bring Insurance Card

MASSAGE THERAPY

July 13th & July 27th
1:00 pm—3:00 pm
Call for appointment.

LYNN COUNCIL ON AGING SENIOR CENTER

8 SILSBEE STREET
LYNN, MASSACHUSETTS 01901
(781) 599-0110

RETURN SERVICE REQUESTED

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